

How to Handle the Heat This Summer

With all the rivers, lakes, hiking and outdoor activities Pennsylvania offers, it's tough to argue that summer isn't our favorite season. And while we enjoy basking in the sun and enjoying all those summer benefits, it's important to remember to stay safe.

Excessive heat can cause stress on internal organs as your body has to work harder to cool down. That stress can lead to a variety of moderate-to-severe problems for your body. This summer has been especially difficult as we have experienced record-breaking temperatures across the country. A few groups are especially at risk for adverse health conditions, infants/young children and seniors over 65, but everyone needs to be aware of the dangers of excessive heat exposure.

Here is a list of tips on how to stay cool this summer:

- Drink plenty of water and do not wait until you are thirsty to drink more fluids;
- Avoid drinks with caffeine, alcohol, or large amounts of sugar, as they can cause dehydration (loss of body fluids);
- Stay indoors in air conditioning as much as possible – this is the best way to protect against heat-related illness and death;
- Avoid long periods in the direct sun or in unventilated rooms;
- If you must be outside in the heat, reschedule activities for cooler times of the day, and try to rest often in shady areas;
- Dress in light-colored, loose-fitting clothing, a wide-brimmed hat, and sunglasses – and use a sunscreen of SPF15 or higher;
- Take frequent baths or showers and remain in a cool place.

So don't forget to check on your elderly neighbors to ensure they are not getting too hot this year and they have working air conditioning. For more information about how you can protect yourself and your family visit:

<https://www.governor.pa.gov/newsroom/pennsylvanians-encouraged-to-take-precautions-from-extreme-summer-heat/>